Hadley Park Regional Community Center

FITNESS CENTER 2015

1037 28th Avenue North, Nashville, Tennessee 37208 – 615-862-8451

Fitness Classes Aquatics Gymnasium ($) – Paid Class	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
Winter 2015 Program Schedule Facility Coordinator Barbara Manuel Program Coordinator Allison May Recreation Leaders & Lifeguards (*) Myron Goggins Jackie McKie Nancy Harrison* Michael Thomas Charles Pruitt Dereck Smith* Class Instructors Hadley Staff Sandy Cunningham Marc Peek Ken Turner Chaturah Smith Front Desk Frank Deas	6:15am Tai Chi w/Brian 8:30-9:15am Lap Swim & Water Walk 9:30-10:30am Water Exercise 11:00am-12:00pm Open & Lap Swim 12:00-1:00pm Strength /Conditioning w/Ken ($) 1:00-2:30pm Open Swim 5:15-6:00pm Step & Sculpt w/Chaturah ($) 6:00-7:00pm Line Dance w/Sharon & William 6:30-7:30pm H2O Explosion w/Allison ($)	6:15am Tai Chi w/Brian 6:30-7:30am Water Boot Camp w/Ken ($) 9:00-10:00am L.A.B. (Legs, Abs & Butt) w/Mike 10:00-11:00am Line Dance w/Pat 11:00am-12:00pm Open & Lap Swim 12:00-1:00pm Strength/Conditioning w/Ken ($) 6:30-7:30pm Aqua Abs & Arms w/Dereck ($) 7:00-8:00pm Capoeira w/Mark ($)	6:15am Tai Chi w/Brian 8:30-9:15am Lap Swim & Water Walk 9:30-10:30am Water Exercise 11:00am-12:00pm Open & Lap Swim 1:00-2:30pm Open Swim 5:15-6:00pm Fit & Fabulous (H20) w/Dereck ($) 6:00-7:00pm Zumba w/Sandy ($) 6:00-7:00pm Line Dance w/Sharon & William	6:15am Tai Chi w/Brian 10:00-11:00am Line Dance w/Pat 11:00am-12:00pm Open & Lap Swim 5:15-6:00pm Intro to Fitness w/Myron ($) 6:30-7:30pm Aqua Abs & Arms w/Chaturah ($) 7:00-8:00pm Capoeira w/Mark ($)	6:15am Tai Chi w/Brian 8:30-9:15am Lap Swim & Water Walk 9:30-10:30am Water Exercise 11:00am-12:00pm Open and Lap Swim METRO PARKS NASHVILLE Like · Find us on Facebook @ "Hadley Park Community Center"	9:30-10:30am Water Exercise w/Ken ($) 10:30-11:30am Zumba w/Sandy ($) 10:30-11:30am Family Swim